**Name: Period:**

| **Wk #** | **Monday** | **Tuesday** | **Thursday** | | Fri |
| --- | --- | --- | --- | --- | --- |
|  | **JANUARY 2016** | | | | |
| 1  Jan | 11 Role & Seating, Discussion on Respect, Greeting Manners,  Get Books | 12 \*/ **Photo & Info project** instructions & samples - start rough draft  ,Common Core - highest levels of thought  \*20 Things I Love to Do - Finish ALL 20!! | 14 **\*/ Syllabus, & Signature Page**  Go over & Outline  \*Preview Night Paper,  Give examples of ratings on 20 things, Analysis & Prediction Due today | | |
| 2  Jan | 18 Off | 19 + Chrome Books  Due - Signature Page  **UNIT 1 - You and Your Health**  **Ch 1**  - **Understanding Health & Wellness**  **#1 - Your Total Health**  Set up folder trees, Go to website, download & Save Homework Example,  Finish notes & Print & get stamped | 21 Chrome Books  **UNIT 1 - You and Your Health**  **Chapter 1 - 2**  **What Affects Your Health?**  Type up homework notes following the example from Ch 1-1  **Ch 1-2 due** - Print off and get stamped  \*/ type out **Decision Making Steps** | | |
| 3  Jan | 25 **UNIT 1** /\***Practice Decision Making DUE**  Discuss Ch.1 - Lessons #3 + #4 in class | 26 **UNIT 1 - You and Your Health**  **Ch 2 - Taking Charge of your Health**  **#1 - Building Health Skills**  **\*/ Decision Making Practice** and assignment | 28 **UNIT 1 - You and Your Health**  **Ch 2 #2 - Making Responsible Decisions and Setting Goals.**  **/\***  Decision Making - due  **UNIT 1 EXAM + Paperwork DUE** | | |
|  | **FEBRUARY 2016** | | | | |
| 4  Feb | 2/1 **SPEAKER:**  **ORGAN DONATION** | 2 **UNIT 2 - Nutrition & Physical**  **Ch 10- 1 - The Importance of Nutrition**  **Ch 10-2 Nutrients & Water**  *\* Water vs Coke* + *\* Water Requirements*  **\*/ Vitamins & Minerals** (info on website)  **\*/ Start 1 Week Eating Log TODAY** **Demonstrate APP - “LOSE IT”** | 4 **UNIT 2 - Nutrition & Physical**  **Ch 11-1** Maintain a **Healthy Weight**  **Ch 11-2**  **Body Image & Eating Disorders**,  LCD - short videos on flash drive  **/\* Vitamins & Minerals**  **Video - Secret Life of Mary Margaret**  *Check Food Log - don’t forget this week-end* | | |
| 5  Feb | 8 **4 DAY WEEK**  M + W= 1-3-5-7  T + TH= 1-2-4-6 | 9 **UNIT 2 - Nutrition & Physical**  **/\* One Week Eating Log *DUE TODAY***  *Can be printed out from Lose It App also*  **Ch 12-1** Benefits of **Physical Activity**  **Ch 12-2** Improving **Your Fitness**  **GOAL -Setting up a Fitness Schedule**  **!!! PAPERS BACK & CHECK GRADES!!!** | 11 **Meet in Library for Registration**  8:30-9:00; 10:45-11:10; 1:10 - 1:35  **UNIT 2 - Nutrition & Physical**  **Video - Body Image** + Discussion  *REVIEW OBJECTIVES/ UNIT 2 EXAM*  **UNIT 2 EXAM +PAPERS DUE**  **Progress Grades** | | 12 Off |
| 6  Feb | 15 MONDAY OFF  **4 DAY WEEK**  T + TH= 1-2-4-6  W + F = 1-3-5-7 | 16 **Unit 3-Mental/Emotional**  hand out **\*/ UNIT 3 LECTURE OUTLINE-LCD**  **Ch 3-1** Developing **Self-Esteem**  **Ch 3-2** Developing **Personal Identity** and Character  **\*/ What Do You Really Value?** | 18 **UNIT 3 LECTURE OUTLINE on LCD**- cont. **Ch 3-3** Expressing **Emotions** in Healthful Ways  **/\* Score - What Do You Really Value?**  **Video- \*/ Has Anyone Seen Phil?**  (33 minutes) Due Tuesday | | |
| 7  Feb | 22  **SPEAKER -**  **MENINGITIS** | 23 **Unit 3-Mental/Emotional**  **Ch 4-1** Understanding **Stress**  **/\* Phil-** **Decision Making Assignment**  Discuss  \*Stages of Change/Grief  Review Learning Objectives | 25 **Unit 3-Mental/Emotional**  **UNIT 3 LECTURE OUTLINE**  **Ch 5-1** Dealing w/ **Anxiety** & **Depression**  **Ch 5- 2** **Mental Disorders**  OUT TICKET!! | | |
|  | **MARCH 2016** | | | | |
| 8  Mar | 29 **Unit 3-Mental/Emotional**  **/\* LECTURE OUTLINE** - **TURN IN! - LOG SCORES TO PASS BACK TOMORROW!!**  **Ch 5-3 Suicide** Prevention | 3/1 **Unit 3-Mental/Emotional**  **Ch 5-4 Getting Help -** Wrap up  **HAND BACK LECTURE OUTLINE FOR TEST**  *REVIEW OBJECTIVES/ UNIT 3 EXAM*  **UNIT 3 EXAM + Paperwork DUE** | 3 **UNIT 4 - Family/Social Health**  **\*/ Communication Outline**  **Ch 6-2 Respecting Yourself & Others**  **Ch 6-3 Communicating Effectively** | | |
| 9  Mar | 7 **SPEAKER -**  **NEW MORNING** | 8 **UNIT 4 - Family/Social Health**  **\*/ Communication Outline** cont.  **\*/\* I & YOU Messages**  **Ch 8-1** Safe and Healthy **Friendships**  **Ch 8-2** **Peer Pressure** & **Refusal Skills,**  **\*/ REFUSAL SKILLS Cartoon** due Thursday | 10 **UNIT 4 - Family/Social Health**  **Communication Outline** cont.  **Ch 9-1 -** Causes of **Conflict**  **Ch 9-2** - **Resolving Conflicts**  video - **When Dating Turns Dangerous** | | |
| 10  Mar | 14 **SPEAKER -**  **CYBER SAFETY** | 15 **UNIT 4 - Family/Social Health**  **Ch 7-3 - Help for Families**  Share cartoons | 17  **/\* REFUSAL SKILLS Cartoon** due  **UNIT 4 EXAM + Paperwork DUE** | **End of Qtr** | |
|  | Spring Break March 19 - 27 | | | | |